



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 09508, Fruit juice smoothie, NAKED JUICE, GREEN MACHINE

Report Date: June 30, 2017 05:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Manufacturer Naked Juice Co. of Glendora, Inc.

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 275g
<strong>Proximates</strong>					
Water <sup>1</sup>	g	86.25	2	--	237.19
Energy	kcal	53	--	--	146
Energy	kJ	223	--	--	613
Protein <sup>1</sup>	g	0.60	2	--	1.65
Total lipid (fat)	g	0.26	--	--	0.71
Ash <sup>1</sup>	g	0.36	2	--	0.99
Carbohydrate, by difference	g	12.53	--	--	34.46
Fiber, total dietary	g	0.7	--	--	1.9
Sugars, total <sup>1</sup>	g	11.15	2	--	30.66
Sucrose <sup>1</sup>	g	2.85	2	--	7.84
Glucose (dextrose) <sup>1</sup>	g	2.75	2	--	7.56
Fructose <sup>1</sup>	g	5.55	2	--	15.26
Lactose <sup>1</sup>	g	0.00	2	--	0.00
Maltose <sup>1</sup>	g	0.00	2	--	0.00
Galactose <sup>1</sup>	g	0.00	2	--	0.00
<strong>Minerals</strong>					
Calcium, Ca <sup>1</sup>	mg	11	2	--	30
Iron, Fe <sup>1</sup>	mg	0.42	2	--	1.16
Magnesium, Mg <sup>1</sup>	mg	10	2	--	28
Phosphorus, P <sup>1</sup>	mg	15	2	--	41
Potassium, K <sup>1</sup>	mg	165	2	--	454

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 275g
Sodium, Na <sup>1</sup>	mg	6	2	--	16
Zinc, Zn <sup>1</sup>	mg	0.06	2	--	0.17
Copper, Cu <sup>1</sup>	mg	0.053	2	--	0.146
Manganese, Mn <sup>1</sup>	mg	0.215	2	--	0.591
Selenium, Se	µg	0.4	--	--	1.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <sup>1</sup>	mg	8.2	2	--	22.6
Thiamin <sup>1</sup>	mg	0.070	2	--	0.193
Riboflavin <sup>1</sup>	mg	0.090	2	--	0.247
Niacin <sup>1</sup>	mg	0.290	2	--	0.797
Vitamin B-6 <sup>1</sup>	mg	0.075	2	--	0.206
Folate, total <sup>1</sup>	µg	15	2	--	41
Folic acid	µg	0	--	--	0
Folate, food	µg	15	2	--	41
Folate, DFE	µg	15	--	--	41
Choline, total	mg	4.3	--	--	11.8
Vitamin B-12	µg	0.63	--	--	1.73
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	21	--	--	58
Retinol	µg	0	--	--	0
Carotene, beta <sup>1</sup>	µg	247	1	--	679
Carotene, alpha <sup>1</sup>	µg	5	1	--	14
Cryptoxanthin, beta <sup>1</sup>	µg	15	1	--	41
Vitamin A, IU	IU	428	--	--	1177
Lycopene <sup>1</sup>	µg	0	1	--	0
Lutein + zeaxanthin <sup>1</sup>	µg	183	1	--	503
Vitamin E (alpha-tocopherol)	mg	0.30	--	--	0.82
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	21.2	--	--	58.3
<b>Lipids</b>					
Fatty acids, total saturated	g	0.053	--	--	0.146

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 275g
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.003
14:0	g	0.004	--	--	0.011
16:0	g	0.045	--	--	0.124
18:0	g	0.004	--	--	0.011
Fatty acids, total monounsaturated	g	0.040	--	--	0.110
16:1 undifferentiated	g	0.014	--	--	0.038
18:1 undifferentiated	g	0.026	--	--	0.071
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.073	--	--	0.201
18:2 undifferentiated	g	0.047	--	--	0.129
18:3 undifferentiated	g	0.026	--	--	0.071
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

### Amino Acids

### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19b, 2014 Beltsville MD